Your TURP follow-up appointment has been scheduled for:

Day: ________________________________
Date: ______________________________
Time: ______________________________
Location: ___________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
Notes: ____________________________________
_______________________________________________________________________________
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Notes / Diagrams:

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The Voice of Urology in Canada

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Your prostate was cored out (Transurethral resection of the prostate or TURP) to allow the bladder to empty more easily and improve your voiding pattern. The entire prostate is not removed by this technique; rather, the urinary channel is widened to improve the flow of urine.

**Hygiene**

You may shower or bathe, as usual.

**Medications**

You may be prescribed medication when you leave the hospital. You should be able to continue with your usual medications. If you have any questions contact your family doctor.

Aspirin, arthritis medications, blood thinners and herbal supplements may all increase the risk of bleeding after surgery. Follow your doctor’s instructions with regard to resuming these medications, if applicable.

**Follow-up**

You may be asked to arrange a follow-up appointment after your TURP. Please contact your urologist’s office to arrange this appointment.

**Activity**

Gradually resume your usual activities. Avoid straining or heavy lifting (over 10 kg or 20 lb) for about four to six weeks from the date of surgery as these activities can cause bleeding.

Sexual activity can be resumed in three to four weeks. Most men have no change in their ability to have an erection after prostatic resection, but there may be a decrease in the volume of the ejaculate (the fluid expressed at male orgasm) due to backward flow of semen into the bladder at orgasm (retrograde ejaculation).